

Cinnamon Rolls - USDA Recipe B80

Meal Components: Grains

B8

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. For best results, all ingredients and utensils should be at room temperature.
Active dry yeast	2 oz	1/4 cup	4 oz	1/2 cup	2. Dissolve dry yeast in warm water (110 °F). Let stand for 4-5 minutes. Set aside for Step 6.
Water (110 °F)		1 1/2 cups		3 cups	
Whole-wheat flour	1 lb 14 oz	1 qt 2 2/3 cups	3 lb 12 oz	3 qt 1 1/3 cups	3. Place flour, dry milk, sugar, salt, and dried orange peel (optional) in a commercial mixer (batch as needed). Using a dough hook attachment, mix on low speed for 2 minutes. Leave dry ingredients in mixer.
Enriched bread flour	1 lb 12 oz	1 qt 2 1/4 cups	3 lb 8 oz	3 qt 1/2 cup	
Instant nonfat dry milk	3 1/3 oz	1/2 cup	6 2/3 oz	1 cup	
Sugar	5 1/2 oz	2/3 cup	11 oz	1 1/3 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

Canola oil		2/3 cup 2 Tbsp		2 1/2 cups 1 Tbsp 1 tsp	4. Add oil and mix for approximately 2 minutes on low speed.
Water (68 °F)		2 1/2 cups		1 qt 1 cup	5. Add water (68° F). Mix for 1 minute on low speed. 6. Add dissolved yeast and mix for 2 minutes on low speed. 7. Knead dough for 8 minutes on medium speed or until dough is smooth and elastic. 8. Place dough in a warm area (about 90 °F) for 45-60 minutes. 9. Punch dough to remove air bubbles and let rest for 15 minutes.
Ground cinnamon	2 oz	1/2 cup	4 oz	1 cup	10. Combine cinnamon and sugar in a small bowl. Stir well. Set aside for step 12.
Sugar	5 1/2 oz	2/3 cup	11 oz	1 1/3 cups	11. After 15 minutes, begin rolling out dough on a lightly floured surface.
Canola oil		1 Tbsp		2 Tbsp	12. Lightly brush each rectangle with oil. Sprinkle approximately 1/2 cup cinnamon and sugar mixture over each rectangle.
Dried Cranberries	10 oz	2 cups	1 lb 4 oz	1 qt	13. Sprinkle dried cranberries over cinnamon-

- 14. Roll each rectangle on the long side to form a long, slender roll. Cut each roll into 25 uniform pieces, 1" thick.
- 15. Place in rows, 5 across and 10 down on a sheet pan (18" x 26" x 1") lightly coated with pan release spray.
- 16. Place sheet pans in a warm area (about 90 °F) until double in size, 30-50 minutes.
- 17. Bake until lightly browned:
- 18. (Optional) Brush lightly with melted margarine while warm.
- 19. Serve 1 cinnamon roll.

(Optional) Margarine, trans fat-free1 Tbsp2 Tbsp

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cinnamon roll provides 2 oz equivalent grains.

CACFP Crediting Information: 1 cinnamon roll provides 2 servings grains/bread.

Serving	Yield	Volume
See Notes	50 Servings: about 6 lb 8 oz	50 Servings: about 3 quarts 1 cup / 50 cinnamon rolls
	100 Servings: about 13 lb	100 Servings: about 1 gallon 2 quarts 2 cups / 100 cinnamon rolls

Nutrients Per Serving					
Calories	200	Saturated Fat		Iron	1 mg
Protein	5 g	Cholesterol		Calcium	39 mg
Carbohydrate	37 g	Vitamin A	45 IU	Sodium	200 mg
Total Fat	4 g	Vitamin C		Dietary Fiber	3 g